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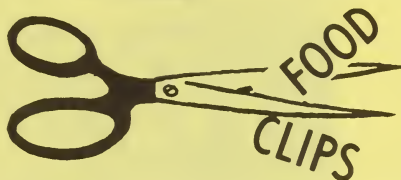
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

July 22, 1974



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The best way to keep fresh coconut is to shred it or put it through a food chopper. Then pack into containers and cover with the coconut milk. Don't forget to leave "head space" (space at top for expansion), warn U.S. Department of Agriculture home economists.

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Whole gooseberries may be frozen with sirup or without sweetening. For use in pie or preserves, however, the unsweetened pack is better.

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You can pack cranberries into containers without sugar but always remember to leave "head space," if you're going to seal and freeze them.

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Frozen cabbage or Chinese cabbage is suitable for use only as a cooked vegetable.

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Peaches in halves and slices have better quality when packed in sirup or with sugar -- however, if sweetening is not desired, a water pack will suffice.

THE "WIC" PROGRAM

-- Women, Infants, Children

A special supplemental food program was introduced earlier this year by USDA's Food and Nutrition Service called "WIC" -- specifically for Women, Infants, and Children. It's now available in 255 areas in 45 states, Puerto Rico, and the Virgin Islands. Its purpose is to provide certain nutritious foods to family members with special nutritional needs, babies, children (less than four years old) and pregnant women -- or mothers who are breast-feeding their babies.

Foods included in the program are iron-fortified infant formula, baby cereal and juices or approved substitute foods with the same nutritional values. Milk, juice, eggs, and iron-fortified cereals are also among the foods available through participating health clinics who either buy or distribute the foods or provide vouchers for such redemption.

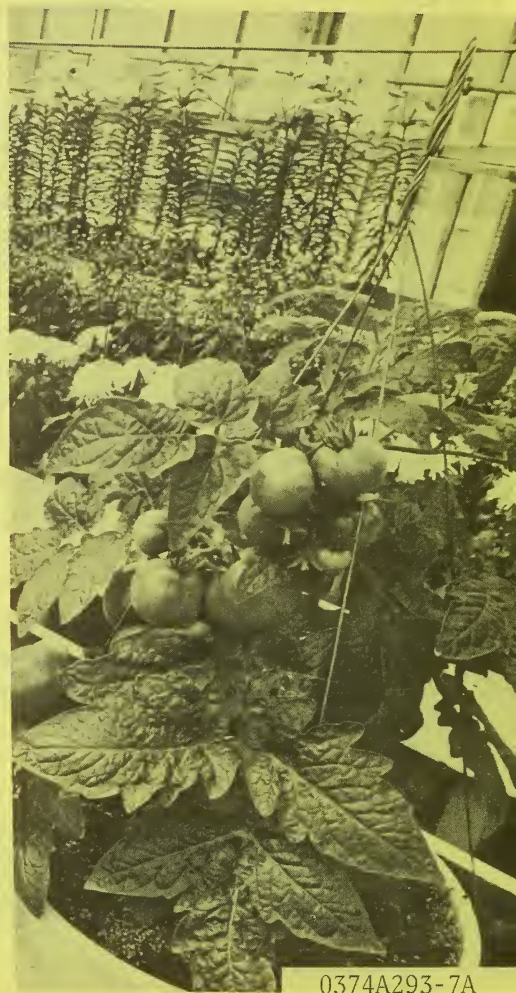
ON GROWING YOUR OWN — Tomatoes

School lunch programs also have to fight the rising cost of food. In Oklahoma they have one answer: It's grow your own -- right in the classroom!

Byng School (in central Oklahoma) has a horticulture class. Each semester, the class starts a new vegetable in their greenhouses. During the school year of 1972-1973 their greenhouses produced 3,400 pounds of tomatoes.

At the Byng School, 11 different trades are taught in addition to the basic school courses. Last year, 4 of the 19 students of horticulture were graduating seniors -- all four found employment in area greenhouses. While at the school, the students even built their own greenhouses and storage room, adjacent to the high school cafeteria where produce was kept fresh until the cafeteria staff needed it. Substantial amounts of leaf lettuce and some eggplant have also added to their grow your own "menu" planning.

Admittedly, the production has helped to keep the prices of the school lunch down to 30 cents. But, the pride of the students in "growing their own" has also proved to stimulate more interest in the meals served to the students.



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YOUTH AND NUTRITION — go "hand in hand"

Work, play, and nutrition education go together in a "Youth Nutrition Camp" planned through Kansas State University and operated in cooperation with the U.S. Department of Agriculture's Extension Service.

More than 600 children, aged 8-19 years, many of whom are Spanish-Americans, are participating in this camp-type program in Wichita and Sedgwick Counties, Kansas. All the programs are part of the Expanded Food and Nutrition Education Program (EFNEP) which is a national effort by the Extension Service of USDA to help improve the food habits of rural, urban youths and adults.

How is nutrition "education" included in a summer-camp program? Basic games children play are used as the vehicle to introduce the basic four food groups (milk, fruits and vegetables, meat, and bread and cereals). These foods are stressed by means of slides, stories, crossword puzzles, and games. A crossword puzzle called "The Meat Mob" was developed for the youngsters -- and iron and protein "stories" were made into a slide series and handout leaflets.

The importance of eating a good breakfast is demonstrated by a study showing how reaction, steadiness, and work output improved with eating a nutritious breakfast.

There are more than 50 nutrition education classes being conducted each week now in Sedgwick County. Programs are held in schools, churches, and neighborhood centers and "any place we can get facilities with the neighborhood", the organizers explain. The nutrition program includes such subjects as achieving better diets, planning and shopping wisely, using community resources, applying food safety, health and sanitation practices, and managing money and other resources.

YOUTH AND NUTRITION — go "hand in hand"

Classes are held in the "cookery of" green, yellow, red, and white vegetables, insect control, home sanitation, food stamps, credit, yeast breads, and low calorie foods. Several meetings have also been held on canning and freezing.

Probably the most significant factor in these summer programs is the awareness which has developed (from these classes) and the interest in learning about "balanced" meals. The continuing interest in seeking information on foods and learning experiences in food are stepping stones to better health.



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NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone: 202-447-5898.
